



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Barf, Holger

Club: SV 1899 Mühlhausen
Number: 1506

Course: 5.50 km
Geländelauf kurz

Category:
Männer M40

Total time: 21:54

Speed: 13.70 km/h
Running performance: 3:59 min/km

Rank in course/Total: 6 (of 103)

Rank in course/Men: 6 (of 57)

Best time in course: 20:05

Rank in category: 1(of 3)

Best time in the category: 21:54